

YOUR ANNUAL UPDATE

Thanks to your sponsorship, children and families are making positive changes in Maharajganj. Learn more about the valuable ways your support has benefitted them.

This past year, thousands of families gained crucial knowledge to keep themselves safe from COVID-19 and other communicable diseases such as tuberculosis. And 1,300 parents can now afford nutritious food for their children.

More girls can take charge of their bodies thanks to training on menstrual hygiene management. Young people are also empowered to stand up for their rights and say no to early marriages.

We know the best is yet to come and your sponsorship will ensure even more success for children in Maharajganj.



823

Young people trained on gender equality



555

Community performances on the harms of child marriage



600

Girls received hygiene kits with menstrual products



COVID-19'S IMPACT IN INDIA

Hear from Meenaskhi about how COVID-19 has impacted her community.

"I was afraid to take the COVID-19 vaccine because I thought I would get sick and die. Then Plan visited our community and shared information about the vaccine and the benefits. I decided to take the first dose and I was fine. I motivated my friends, and now I am fully vaccinated. Thank you Plan International."

CASE STORY: REACHING FOR A BRIGHTER FUTURE



NAME: TARANNUM

AGE: 12 YEARS OLD

HOBBY: READING

"I always wanted to go to a big school and do well for myself and my family, but my parents could not afford the fees and I didn't have the necessary identity papers. Plan International helped us get documents for admission, and now I am confident I can fulfil my dreams."

Meet Tarannum

Like your sponsored child, Tarannum has been empowered by Plan International to change her life. Tarannum has top marks in her grade, and she's excited about what the future holds for her. She and her three siblings are all enrolled at good schools and can access government programmes, thanks to their new identity cards.

I Am Here

Tarannum's parents moved to Delhi in search of work. Her father was the only earner, and it was hard for him to make ends meet.

Government supports for income and food existed, but the family didn't have the proper identity cards. The documents were also needed for admission into secondary school.

After joining Plan International's child sponsorship programme, Tarannum learned about the importance of having identity documents to claim her rights and access the supports she's entitled to.

Tarannum and her family now have their identity cards, and they can play an active role as full citizens in their community.

Family Support

COVID-19 has been hard on Tarannum. Her father lost his job, and it became a struggle to provide food for the family, even with government programmes.

While distributing face masks and hygiene kits to help keep children and families safe from the virus, Plan International also provided financial support. Through this support, Tarannum's parents were able to purchase nutritious food for her and her siblings.

Tarannum is dreaming big for her future, and her parents are giving her all the support she needs to reach her goals.



Tarannum on her way to school

WE CURRENTLY WORK WITH 1,728 CHILDREN IN MAHARAJGANJ

OUR PROJECTS IN MAHARAJGANJ ARE HELPING CHILDREN THRIVE



Mothers received cash support and a recipe book to provide good food to their children

NUTRITIOUS FOODS



Around 32% of children in Maharajganj are underweight. Many families struggle to afford and prepare nutritious foods, and lockdowns during the pandemic made this even more of a challenge.

To help children grow up healthy, Plan International provided cash assistance to 1,300 families so they could purchase healthy and nutritious food for their children. And 1,600 families received seeds to start kitchen gardens, along with recipe books for nutritious dishes. Parents and children also took part in cooking demonstrations, gaining practical skills in preparing healthy meals.

And more than 700 pregnant or breastfeeding women improved their knowledge on childhood nutrition and development, so they can give their babies the best possible start in life. 2,510 young children also had check-ups to ensure they were growing up healthy and strong.

STAYING HEALTHY



More than half of young women use unsanitary methods during their menstruation. This leaves girls and women at risk of health issues. Tuberculosis is another serious health risk in Maharajganj, which can cause lifelong damage or death if not treated properly.

To help girls learn more about their bodies and reduce the stigma of menstruation, communities celebrated Menstrual Hygiene Day. More than 800 people took part in community events, and 396 girls and boys learned more about their bodies and how to manage menstruation with dignity.



Through awareness events, 4,250 people improved their knowledge on how to prevent and treat tuberculosis. 49 health volunteers are also able to share this information with families in their communities.

“During the pandemic, shops were closed and I was unable to get sanitary pads. I had to use old cloth and became ill. But Plan International recognised our need and distributed menstrual products. Now I am healthy and very thankful to Plan.”

- Sundari (17) from Maharajganj

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



14%

Of marriages are of girls under the age of 18



12%

Of students drop out of school



56%

Of families do not have access to safe water



Your support helps girls and boys to stand up for their futures.

- One in three young children are underweight. We will ensure families can access nutritious foods and quality healthcare so children can grow up strong.
- School drop-out rates remain high. We will support schools to create inclusive and inspiring spaces for all children to help them open the door to a brighter future.
- Without sexual and reproductive health knowledge, girls and boys cannot make informed decisions about their bodies. We will increase access to training to help reduce early pregnancies and improve menstrual hygiene.
- Child marriage prevents girls from reaching their full potential. We will strengthen child protection committees and raise awareness on girls' rights.

We know the best is yet to come, and together we will continue to work for a brighter, happier future for the children in Maharajganj.



“With your kind support, we are able to design programmes where children can actively participate and become agents of change in their communities. My sincere thanks for your continued support to children, youth, and families in Maharajganj.”

Shyam Prakash Singh
Programme Area Manager, Maharajganj

YOUR GENEROSITY WILL CONTINUE TO SUPPORT CHILDREN IN STANDING UP FOR THEIR FUTURE AND RIGHTS